

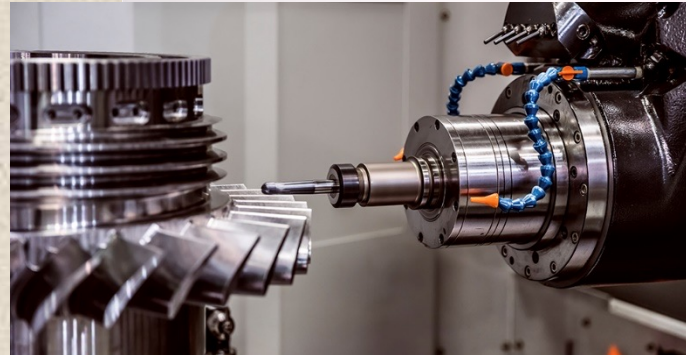


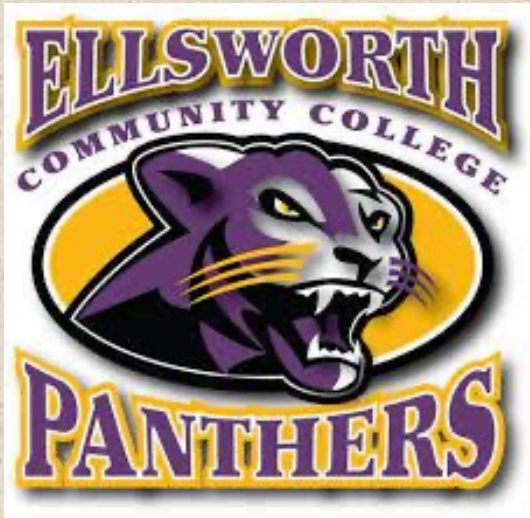
National Consortium for Health Science Education & Health Science Educators Association

Online Webinar

March 22, 2022

DR. BRYAN THOMSEN

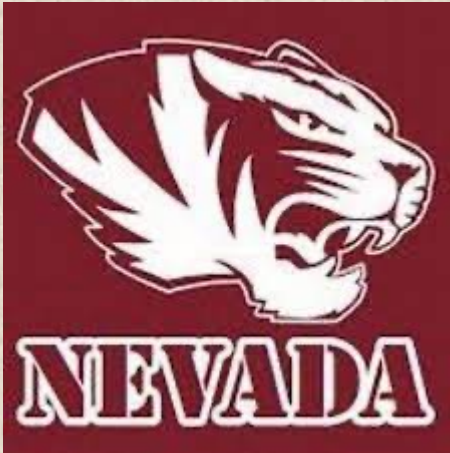




SOUTH CAROLINA
GAMECOCKS



Missouri Department of Social Services
DIVISION OF YOUTH SERVICES



Missouri Department of Social Services
DIVISION OF YOUTH SERVICES





Positive Coaching & North Callaway R-1



Fall 2014

Two members of the North Callaway School
Board attend a workshop by Dr. Rick
McGuire

Missouri Institute for Positive Coaching



Institute for
Positive Coaching
University of Missouri

MISSION: To promote **POSITIVE COACHING** in sport at all levels, and to enhance lives and society by “**Winning Kids with Sport!**”

DEMANDING NOT DEMEANING



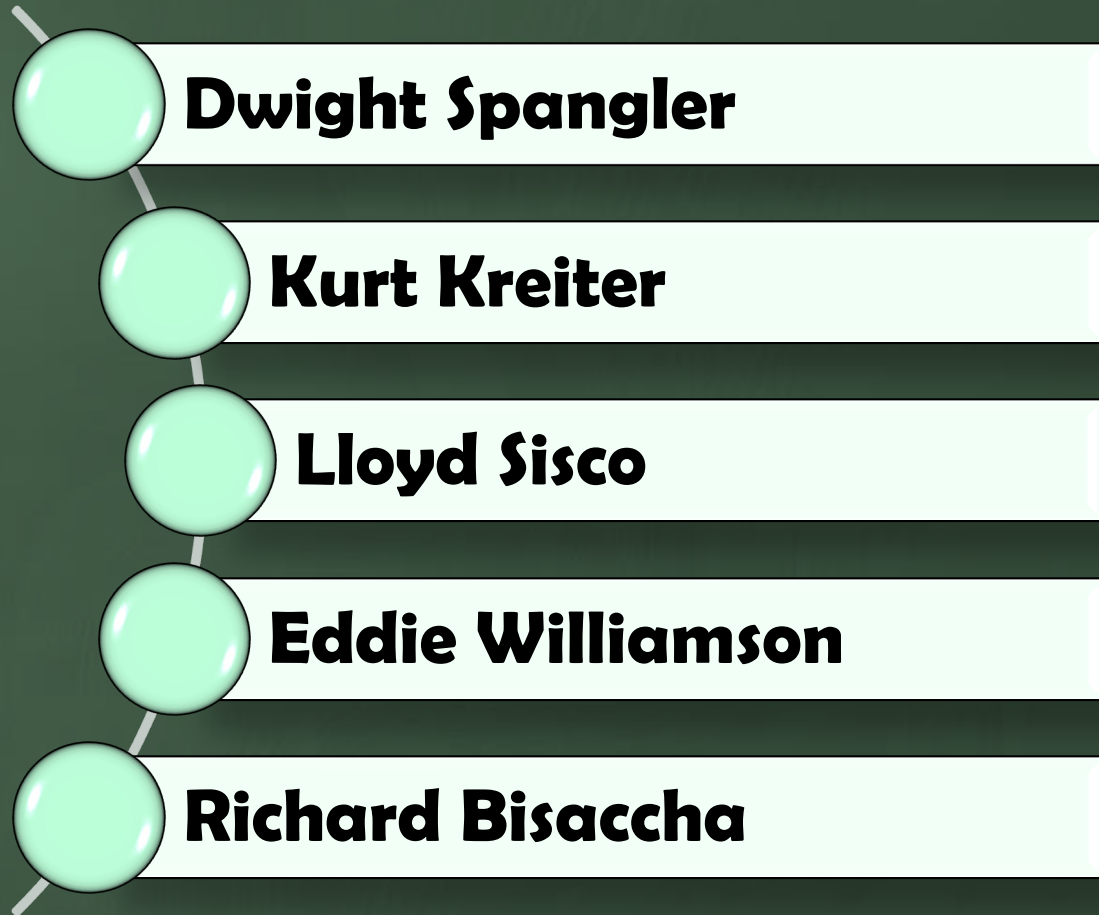
Positive Coaching & North Callaway R-1

A
COACH
WILL IMPACT
MORE YOUNG PEOPLE IN A YEAR
THAN THE AVERAGE
PERSON DOES IN A
LIFETIME.
BILLY GRAHAM

How did your coaches & teachers impact you?



Former Coaches



- **HS Asst. Wrestling Coach**
- **HS Asst. Football Coach**

“It takes a million compliments to build a child up and only one insult to bring them down”



Professional Development for Coaches



Coaching the SPORT

Coaching Clinics
Coaching Books
Online Resources
Instructional Videos
Playing Experience

Coaching the KID





Coaching is Teaching, Teaching is Coaching...

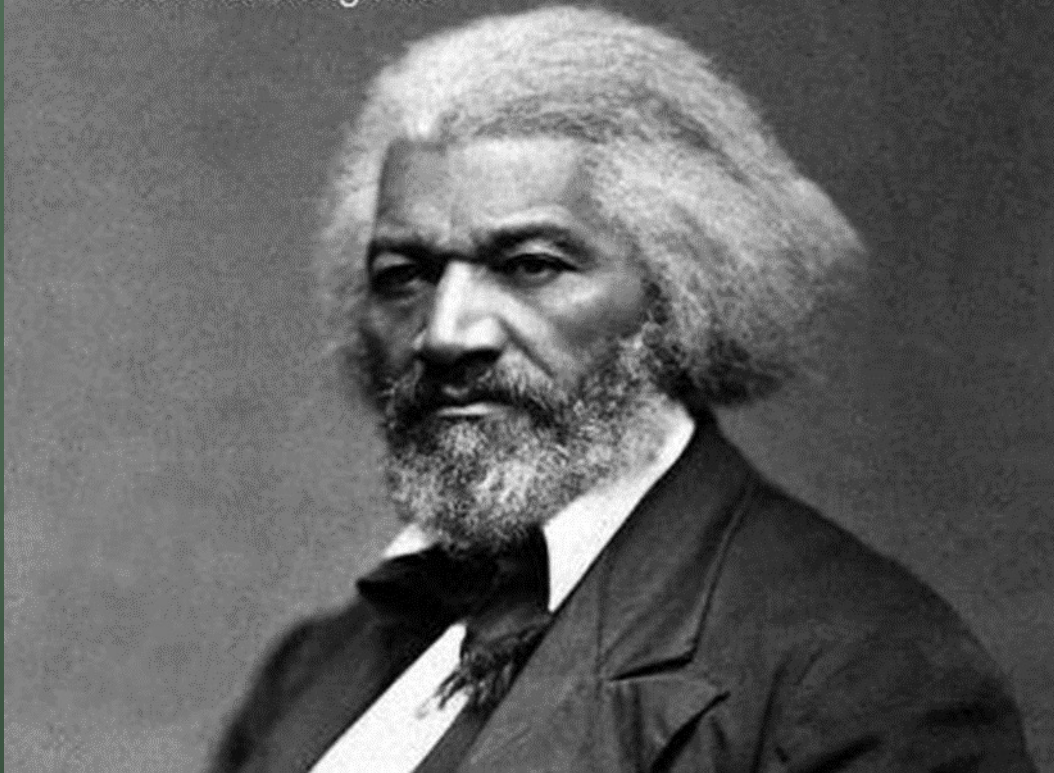
3rd Grade
Teacher



“To Teach is to Touch a Life Forever”

**"It is easier to build strong children
than to repair broken men."**

- Frederick Douglass



SOUTH
CAROLINA

31

30

NO. 8
CLEMSON



RIVALRY
WEEK



Positive Coaching & North Callaway R-1

Fall 2014

Met with Dr. McGuire



January 2015

Positive Coaching Workshop at
North Callaway R-1 School District



Positive Coaching & North Callaway R-1

First Question of the Workshop:

What do you value?

You can't change the past.....truly look in the mirror and start right now....



Science

Maslow

- Hierarchy of Needs

Bandura

- Social Learning Theory
- Modeling Effect

Deci & Ryan

- Self-Determination Theory
- Intrinsic Motivation

Seligman

- Flourishing
- PERMA

Noddings

- Ethic of Care

Dweck

- Growth Mindset

Csikszentmihalyi & Jackson

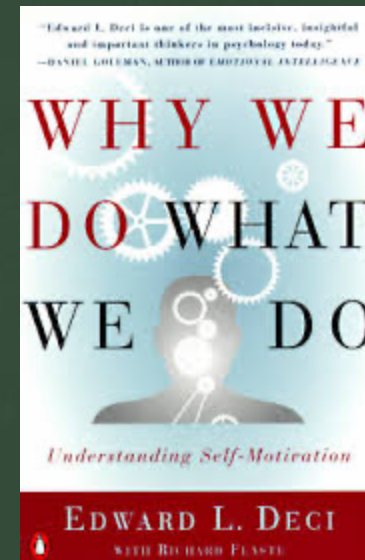
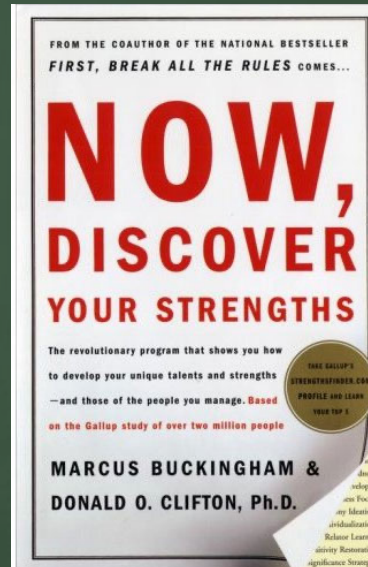
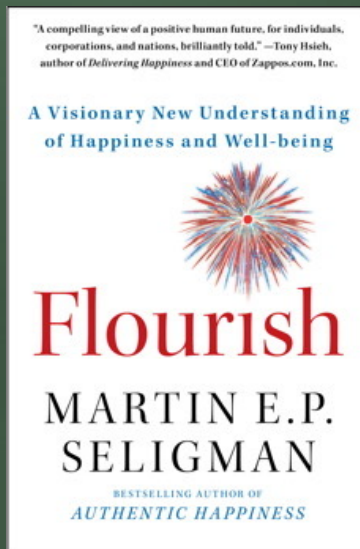
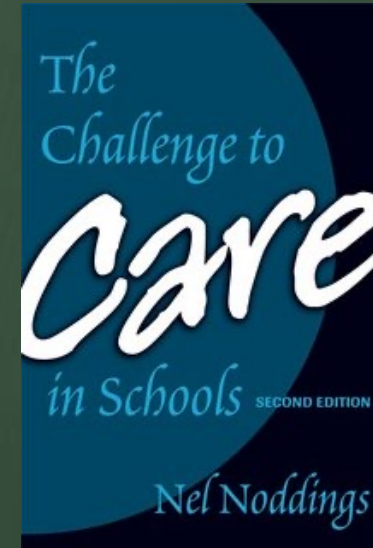
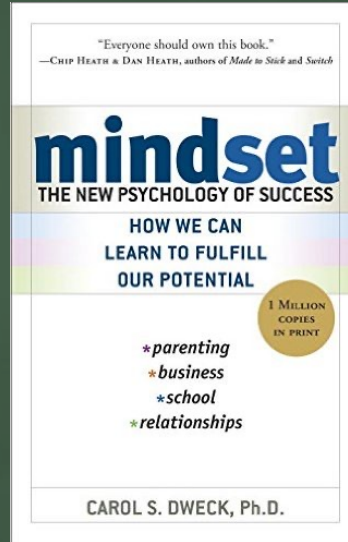
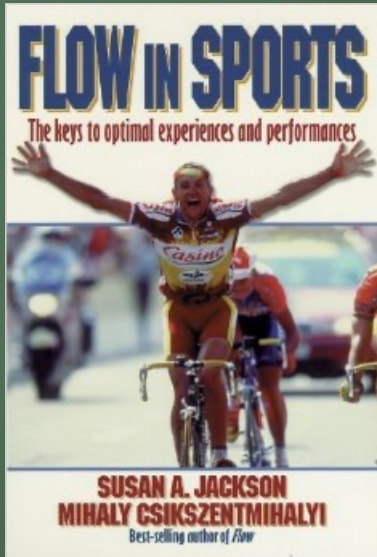
- Flow in Sport

Buckingham & Coffman

- Transformational Leadership Theory



Positive Coaching & North Callaway R-1



Growth Mindset

Everyone can be GREAT (Students & Staff)

One must BELIEVE – How do we build SELF-EFFICACY

Hard Work / Preparation (R. Metz)

Compliment Effort, not talent

Mistakes are part of the process

Never Quit / GRIT

Just imagine if Every Student...Staff...





Growth Mindset

"Anyone can be
great at
anything, if they
**BELIEVE, WORK
HARD, & NEVER
QUIT.**"

@NCPositiveCoach

Quotes Creator



Self-Efficacy



The Power of a Compliment



A sincere compliment is one of the most effective tools to teach and motivate others.

Zig Ziglar

Coach Williamson

Never underestimate the power of a random compliment.

I can live for two months on a good compliment.

Mark Twain

Compliment Activity...



Ethic of Care

Establish a high level of care...

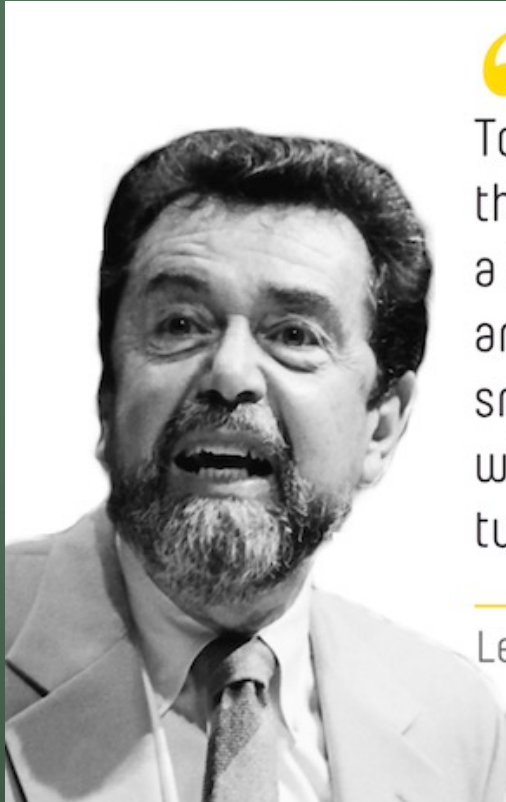
How do students know you care about them?

Honest Evaluations / Feedback

L.O.C. Living Document



Ethic of Care



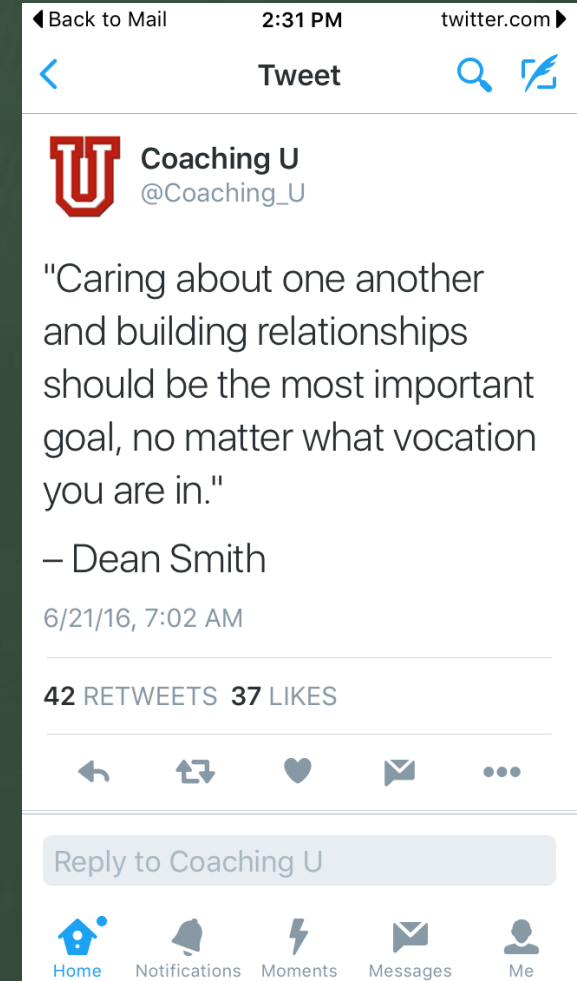
“

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

— Leo Buscaglia

”

Happyologist



Self-Determination Theory

Why We Do What We Do...

How do You Motivate Kids?

Competence, Relatedness, & Autonomy

Importance of Autonomy

Intrinsic Motivation



Transformational Leadership

- Leader serves as a role model
- Leader inspires with their passion
- Leader demonstrates genuine concern
- Leader challenges for innovation
- Leader gives autonomy



Transformational Leadership

TRUE LEADERS
DON'T CREATE
FOLLOWERS.
THEY CREATE
MORE LEADERS

“

If your actions inspire others to dream more,
learn more, do more and become more,

YOU ARE A LEADER.

– John Quincy Adams

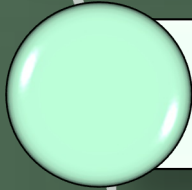
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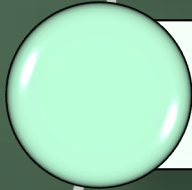
Modeling Effect



Powerful approach to learning



Don't do as I do, do as I say....LOL



How do you handle mistakes?



How do you handle stress?



UPSET

SOUTH CAROLINA DEFEATS NO. 7 CLEMSON
31-30



FOX CFB



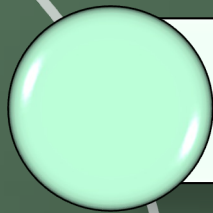
Positive Coaching & North Callaway R-1

Summer 2015

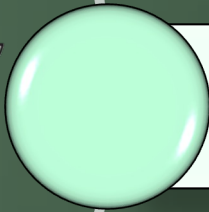
Group of North Callaway Coaches Attend
the Positive Coaching Two-Day
Workshop on MU Campus

North Callaway Athletics Purpose

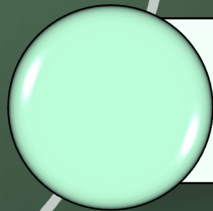
"WIN KIDS THROUGH SPORT"



Outlines the overall purposes of our athletic programs



Developed by coaches and administration



BOE Mandate for all parents



THUNDERBIRD PROUD

Establish a high level of care...

Noddings

Have a positive & enthusiastic attitude...

Seligman

Base all decisions on what is best for kids...

Maslow

Have the commitment to get the job done...

Deci, Buckingham, Coffman

How will North Callaway R-1 Establish a High Level of Care?

Noddings

- Greet students everyday
- Attend student events
- Eat lunch with the students
- Celebrate successes
- Compliment them
- Ask them their interests
- Model vulnerability – own our mistakes



True Self-Reflection

Discover the Calling

What am I thankful for?

Why do I teach / why am I in education?

What is my attitude?

How am I going to serve & share?

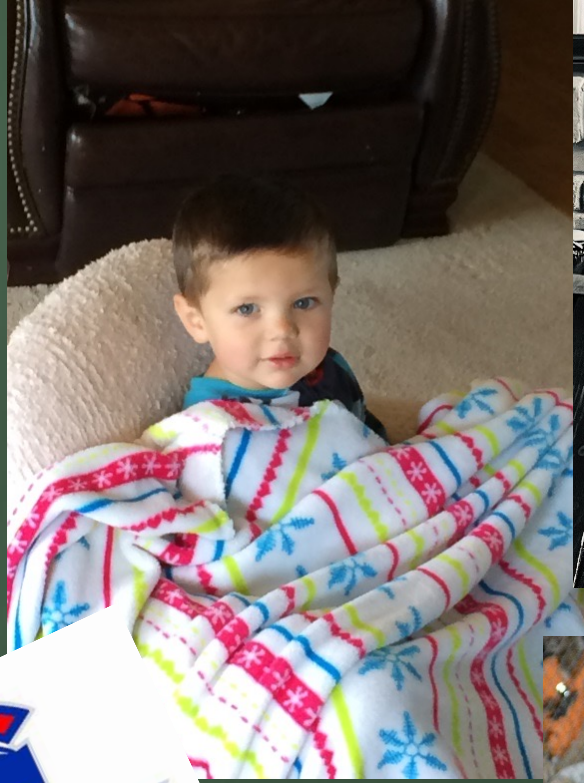
In what ways can I improve?

"If what you did yesterday seems big, then you haven't done much today" C.Swindell



What am I Thankful For?

Two Great Families !!



True Self-Reflection

Discover the Calling

What am I thankful for?

Why do I teach / why am I in education?

What is my attitude?

How am I going to serve & share?

In what ways can I improve? **READ, READ, READ**



"If what you did yesterday seems big, then you haven't done much today" C.Swindell

North Callaway Positive Teaching Team

**Mission: To Build a Positive
Culture District-Wide**



Dr. Bryan Thomsen – Superintendent

Coach Mike Emmons – Activities Director/Retired Football Coach (20+yrs)

Coach Kevin O’Neal – HS Math Teacher/Head Football & Head Baseball Coach

Coach Reid Randolph – HS Business Teacher/Head Track Coach & Asst. Football Coach

Coach Jason Smith – HS Social Studies Teacher/Golf Coach & After School Site Director

Amy Craghead – HS Computer Teacher / Yearbook Director

Jessica Hueser – District Gifted Teacher / Previous Elementary Teacher

Theresa Oberlag – Elementary Gym Teacher / Former Basketball Coach

Brian Jobe – HS Principal / Former Elementary Principal / Former Coach

Michelle Fohey – HS Secretary / Former Elementary Secretary

Matt Miller – HS PE Teacher / HS Basketball Coach



Positive Teaching Strategies

*Strategies for Teachers to
Employ Positive Coaching in the
Classroom Setting*





Positive Teaching & North Callaway R-1

Back to school workshops (2015, 16, & 17) - Impact

State Conferences (MASA & MSBA)

Everyone is Welcome / Team Driven

Leaders in Their Buildings/Dept.

Model School / Video Coming Soon.....



Positive Coaching & Teaching @ North Callaway R-1

Continue to Learn, Implement, Model, and Teach

- **Online Digital Workshop**
- **All Coaches Meeting – PD Days**
- **Positive Culture & Positive Teaching Videos**
- **Athlete & Student Survey**
- **Student/Athlete Lesson**
- **Classroom Lessons**





2016 Fall Athlete Survey

1. I know what is expected of me by my coach/es

	VB	20	SB	13	FB	28	Cheer	13	CC	14		Total	88
Not at all	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%		0	0.00%
Once in a while	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%		0	0.00%
Sometimes	1	5.0%	0	0.0%	2	7.1%	0	0.0%	0	0.0%		3	3.41%
Fairly often	3	15.0%	0	0.0%	2	7.1%	5	38.5%	1	7.1%		11	12.50%
Always	16	80.0%	13	100.0%	24	85.7%	8	61.5%	13	92.9%		74	84.09%

2. I know what is expected of me by my team

	VB	19	SB	13	FB	28	Cheer	13	CC	14		Total	87
Not at all	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%		0	0.00%
Once in a while	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%		0	0.00%
Sometimes	1	5.3%	0	0.0%	2	7.1%	0	0.0%	0	0.0%		3	3.45%
Fairly often	4	21.1%	3	23.1%	2	7.1%	3	23.1%	0	0.0%		12	13.79%
Always	14	73.7%	10	76.9%	24	85.7%	10	76.9%	14	100.0%		72	82.76%

3. I have the equipment and supplies I need to train and compete

	VB	19	SB	13	FB	28	Cheer	13	CC	14		Total	87
Not at all	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%		0	0.00%
Once in a while	0	0.0%	0	0.0%	0	0.0%	0	0.0%	3	21.4%		3	3.45%
Sometimes	1	5.3%	0	0.0%	2	7.1%	4	30.8%	6	42.9%		13	14.94%
Fairly often	6	31.6%	3	23.1%	6	21.4%	2	15.4%	3	21.4%		20	22.99%
Always	12	63.2%	10	76.9%	20	71.4%	7	53.8%	2	14.3%		51	58.62%

4. I have the opportunity to do what I do best

	VB	18	SB	13	FB	28	Cheer	13	CC	14		Total	86
Not at all	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%		0	0.00%
Once in a while	0	0.0%	0	0.0%	1	3.6%	0	0.0%	0	0.0%		1	1.16%
Sometimes	9	50.0%	2	15.4%	0	0.0%	1	7.7%	0	0.0%		12	13.95%
Fairly often	3	16.7%	1	7.7%	7	25.0%	6	46.2%	6	42.9%		23	26.74%
Always	6	33.3%	10	76.9%	20	71.4%	6	46.2%	8	57.1%		50	58.14%



2016 Fall Athlete Survey

5. I receive recognition and praise for doing well

	VB	20	SB	13	FB	28	Cheer	13	CC	14		Total	88
Not at all	1	5.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%		1	1.14%
Once in a while	2	10.0%	0	0.0%	1	3.6%	2	15.4%	2	14.3%		7	7.95%
Sometimes	4	20.0%	0	0.0%	2	7.1%	4	30.8%	3	21.4%		13	14.77%
Fairly often	8	40.0%	8	61.5%	8	28.6%	4	30.8%	1	7.1%		29	32.95%
Always	5	25.0%	5	38.5%	17	60.7%	3	23.1%	8	57.1%		38	43.18%

6. My coach/es care about me as a person

	VB	20	SB	13	FB	28	Cheer	13	CC	14		Total	88
Not at all	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%		0	0.00%
Once in a while	1	5.0%	0	0.0%	1	3.6%	0	0.0%	0	0.0%		2	2.27%
Sometimes	3	15.0%	0	0.0%	1	3.6%	2	15.4%	1	7.1%		7	7.95%
Fairly often	4	20.0%	1	7.7%	5	17.9%	6	46.2%	0	0.0%		16	18.18%
Always	12	60.0%	12	92.3%	21	75.0%	5	38.5%	13	92.9%		63	71.59%

7. I have coaches that encourage my development

	VB	20	SB	13	FB	28	Cheer	13	CC	14		Total	88
Not at all	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%		0	0.00%
Once in a while	1	5.0%	0	0.0%	1	3.6%	3	23.1%	0	0.0%		5	5.68%
Sometimes	2	10.0%	1	7.7%	3	10.7%	3	23.1%	1	7.1%		10	11.36%
Fairly often	7	35.0%	1	7.7%	3	10.7%	2	15.4%	0	0.0%		13	14.77%
Always	10	50.0%	11	84.6%	21	75.0%	5	38.5%	13	92.9%		60	68.18%

8. I have teammates that encourage my development

	VB	20	SB	13	FB	28	Cheer	13	CC	14		Total	88
Not at all	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%		0	0.00%
Once in a while	2	10.0%	0	0.0%	1	3.6%	1	7.7%	0	0.0%		4	4.55%
Sometimes	3	15.0%	2	15.4%	3	10.7%	1	7.7%	0	0.0%		9	10.23%
Fairly often	6	30.0%	4	30.8%	7	25.0%	4	30.8%	0	0.0%		21	23.86%
Always	9	45.0%	7	53.8%	17	60.7%	7	53.8%	14	100.0%		54	61.36%



2016 Fall Athlete Survey

9. My teammates are committed to doing quality training and preparation

	VB	20	SB	13	FB	28	Cheer	13	CC	14		Total	88
Not at all	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%		0	0.00%
Once in a while	1	5.0%	1	7.7%	0	0.0%	1	7.7%	0	0.0%		3	3.41%
Sometimes	7	35.0%	1	7.7%	8	28.6%	3	23.1%	0	0.0%		19	21.59%
Fairly often	8	40.0%	5	38.5%	9	32.1%	2	15.4%	6	42.9%		30	34.09%
Always	4	20.0%	6	46.2%	11	39.3%	7	53.8%	8	57.1%		36	40.91%

10. My opinions count with my coaches

	VB	20	SB	13	FB	27	Cheer	13	CC	14		Total	87
Not at all	0	0.0%	0	0.0%	1	3.7%	1	7.7%	0	0.0%		2	2.30%
Once in a while	3	15.0%	1	7.7%	0	0.0%	3	23.1%	1	7.1%		8	9.20%
Sometimes	3	15.0%	0	0.0%	6	22.2%	5	38.5%	1	7.1%		15	17.24%
Fairly often	8	40.0%	3	23.1%	5	18.5%	1	7.7%	1	7.1%		18	20.69%
Always	6	30.0%	9	69.2%	15	55.6%	3	23.1%	11	78.6%		44	50.57%

11. My opinions count with my team

	VB	20	SB	13	FB	27	Cheer	13	CC	14		Total	87
Not at all	2	10.0%	0	0.0%	1	3.7%	0	0.0%	0	0.0%		3	3.45%
Once in a while	0	0.0%	0	0.0%	2	7.4%	0	0.0%	0	0.0%		2	2.30%
Sometimes	5	25.0%	2	15.4%	7	25.9%	5	38.5%	1	7.1%		20	22.99%
Fairly often	11	55.0%	5	38.5%	6	22.2%	2	15.4%	2	14.3%		26	29.89%
Always	2	10.0%	6	46.2%	11	40.7%	6	46.2%	11	78.6%		36	41.38%

12. My coaches make me feel that my role on this team is important

	VB	20	SB	13	FB	28	Cheer	13	CC	14		Total	88
Not at all	0	0.0%	0	0.0%	1	3.6%	1	7.7%	0	0.0%		2	2.27%
Once in a while	4	20.0%	0	0.0%	1	3.6%	1	7.7%	0	0.0%		6	6.82%
Sometimes	3	15.0%	1	7.7%	4	14.3%	4	30.8%	2	14.3%		14	15.91%
Fairly often	4	20.0%	1	7.7%	4	14.3%	3	23.1%	1	7.1%		13	14.77%
Always	9	45.0%	11	84.6%	18	64.3%	4	30.8%	11	78.6%		53	60.23%



2016 Fall Athlete Survey

13. My coaches talk with me about my progress

	VB	20	SB	13	FB	28	Cheer	13	CC	13		Total	87
Not at all	0	0.0%	0	0.0%	0	0.0%	1	7.7%	0	0.0%		1	1.15%
Once in a while	3	15.0%	0	0.0%	1	3.6%	4	30.8%	1	7.7%		9	10.34%
Sometimes	3	15.0%	1	7.7%	6	21.4%	2	15.4%	0	0.0%		12	13.79%
Fairly often	9	45.0%	5	38.5%	7	25.0%	3	23.1%	4	30.8%		28	32.18%
Always	5	25.0%	7	53.8%	14	50.0%	3	23.1%	8	61.5%		37	42.53%

14. During the past season, I have had the opportunity to learn and grow

	VB	20	SB	13	FB	27	Cheer	13	CC	14		Total	87
Strongly Disagree	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%		0	0.00%
Disagree	1	5.0%	0	0.0%	0	0.0%	1	7.7%	0	0.0%		2	2.30%
Neutral	3	15.0%	1	7.7%	1	3.7%	1	7.7%	0	0.0%		6	6.90%
Agree	7	35.0%	1	7.7%	5	18.5%	6	46.2%	2	14.3%		21	24.14%
Strongly Agree	9	45.0%	11	84.6%	21	77.8%	5	38.5%	12	85.7%		58	66.67%

15. My coaches treat everyone equal

	VB	20	SB	13	FB	28	Cheer	13	CC	14		Total	88
Strongly Disagree	1	5.0%	0	0.0%	0	0.0%	2	15.4%	0	0.0%		3	3.41%
Disagree	2	10.0%	0	0.0%	2	7.1%	5	38.5%	1	7.1%		10	11.36%
Neutral	5	25.0%	2	15.4%	2	7.1%	2	15.4%	1	7.1%		12	13.64%
Agree	5	25.0%	4	30.8%	9	32.1%	3	23.1%	5	35.7%		26	29.55%
Strongly Agree	7	35.0%	7	53.8%	15	53.6%	1	7.7%	7	50.0%		37	42.05%

16. My coaches have talked to me about the process of what it takes to be my best

	VB	20	SB	13	FB	27	Cheer	13	CC	14		Total	87
Strongly Disagree	0	0.0%	0	0.0%	0	0.0%	1	7.7%	0	0.0%		1	1.15%
Disagree	3	15.0%	0	0.0%	1	3.7%	1	7.7%	0	0.0%		5	5.75%
Neutral	3	15.0%	1	7.7%	2	7.4%	4	30.8%	0	0.0%		10	11.49%
Agree	6	30.0%	3	23.1%	8	29.6%	4	30.8%	2	14.3%		23	26.44%
Strongly Agree	8	40.0%	9	69.2%	16	59.3%	3	23.1%	12	85.7%		48	55.17%



2016 Fall Athlete Survey

17. My coaches have a positive influence on me as an athlete

	VB	20	SB	13	FB	28	Cheer	13	CC	14	Total	88
Strongly Disagree	0	0.0%	0	0.0%	0	0.0%	1	7.7%	0	0.0%	1	1.14%
Disagree	1	5.0%	0	0.0%	0	0.0%	2	15.4%	0	0.0%	3	3.41%
Neutral	3	15.0%	1	7.7%	2	7.1%	5	38.5%	1	7.1%	12	13.64%
Agree	7	35.0%	0	0.0%	7	25.0%	3	23.1%	0	0.0%	17	19.32%
Strongly Agree	9	45.0%	12	92.3%	19	67.9%	2	15.4%	13	92.9%	55	62.50%

18. My coaches model and develop positive character, things such as respect, humility, self-discipline, confidence, responsibility, and self-reflection

	VB	20	SB	13	FB	27	Cheer	13	CC	14	Total	87
Strongly Disagree	1	5.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	1	1.15%
Disagree	0	0.0%	0	0.0%	0	0.0%	4	30.8%	0	0.0%	4	4.60%
Neutral	5	25.0%	0	0.0%	2	7.4%	4	30.8%	1	7.1%	12	13.79%
Agree	7	35.0%	1	7.7%	9	33.3%	3	23.1%	2	14.3%	22	25.29%
Strongly Agree	7	35.0%	12	92.3%	16	59.3%	2	15.4%	11	78.6%	48	55.17%

19. My coaches teach accountability to self and others

	VB	19	SB	13	FB	28	Cheer	13	CC	14	Total	87
Strongly Disagree	0	0.0%	0	0.0%	0	0.0%	1	7.7%	0	0.0%	1	1.15%
Disagree	2	10.5%	0	0.0%	0	0.0%	1	7.7%	0	0.0%	3	3.45%
Neutral	3	15.8%	0	0.0%	2	7.1%	3	23.1%	1	7.1%	9	10.34%
Agree	8	42.1%	1	7.7%	8	28.6%	4	30.8%	3	21.4%	24	27.59%
Strongly Agree	6	31.6%	12	92.3%	18	64.3%	4	30.8%	10	71.4%	50	57.47%

20. My coaches teach us that everyone on this team has value

	VB	20	SB	13	FB	27	Cheer	13	CC	13	Total	86
Strongly Disagree	1	5.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	1	1.16%
Disagree	0	0.0%	0	0.0%	0	0.0%	1	7.7%	0	0.0%	1	1.16%
Neutral	4	20.0%	0	0.0%	3	11.1%	3	23.1%	1	7.7%	11	12.79%
Agree	8	40.0%	5	38.5%	10	37.0%	3	23.1%	3	23.1%	29	33.72%
Strongly Agree	7	35.0%	8	61.5%	14	51.9%	6	46.2%	9	69.2%	44	51.16%



2016 Fall Athlete Survey

21. My coaches teach how to deal with adversity

	VB	19	SB	13	FB	27	Cheer	13	CC	13		Total	85
Strongly Disagree	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%		0	0.00%
Disagree	1	5.3%	0	0.0%	1	3.7%	1	7.7%	0	0.0%		3	3.53%
Neutral	3	15.8%	2	15.4%	1	3.7%	6	46.2%	1	7.7%		13	15.29%
Agree	6	31.6%	1	7.7%	7	25.9%	2	15.4%	3	23.1%		19	22.35%
Strongly Agree	9	47.4%	10	76.9%	18	66.7%	4	30.8%	9	69.2%		50	58.82%

22. My coaches teach about being a member of a team

	VB	20	SB	13	FB	28	Cheer	13	CC	13		Total	87
Strongly Disagree	1	5.0%	0	0.0%	0	0.0%	1	7.7%	0	0.0%		2	2.30%
Disagree	0	0.0%	0	0.0%	1	3.6%	1	7.7%	0	0.0%		2	2.30%
Neutral	3	15.0%	1	7.7%	2	7.1%	2	15.4%	2	15.4%		10	11.49%
Agree	5	25.0%	0	0.0%	6	21.4%	5	38.5%	1	7.7%		17	19.54%
Strongly Agree	11	55.0%	12	92.3%	19	67.9%	4	30.8%	10	76.9%		56	64.37%

23. My coaches inspire me to work hard to improve my skills

	VB	20	SB	13	FB	28	Cheer	13	CC	13		Total	87
Strongly Disagree	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%		0	0.00%
Disagree	0	0.0%	0	0.0%	0	0.0%	1	7.7%	0	0.0%		1	1.15%
Neutral	4	20.0%	1	7.7%	2	7.1%	3	23.1%	1	7.7%		11	12.64%
Agree	7	35.0%	0	0.0%	6	21.4%	5	38.5%	1	7.7%		19	21.84%
Strongly Agree	9	45.0%	12	92.3%	20	71.4%	4	30.8%	11	84.6%		56	64.37%

What We Learned About Positive Coaching

It's not about being soft or everyone getting a trophy.....

It's about first & foremost establishing a HIGH LEVEL OF CARE.

It's about teaching what it takes TO BE THE BEST.

It's about THEM, pushing THEMSELVES, to be THEIR best.

It's about passion, it's about true teamwork.

It's about striving for SUCCCCCCCCCCSS everyday.

It's not about you or me, it's about the KIDS.....



Impact of Positive Coaching at North Callaway R-1



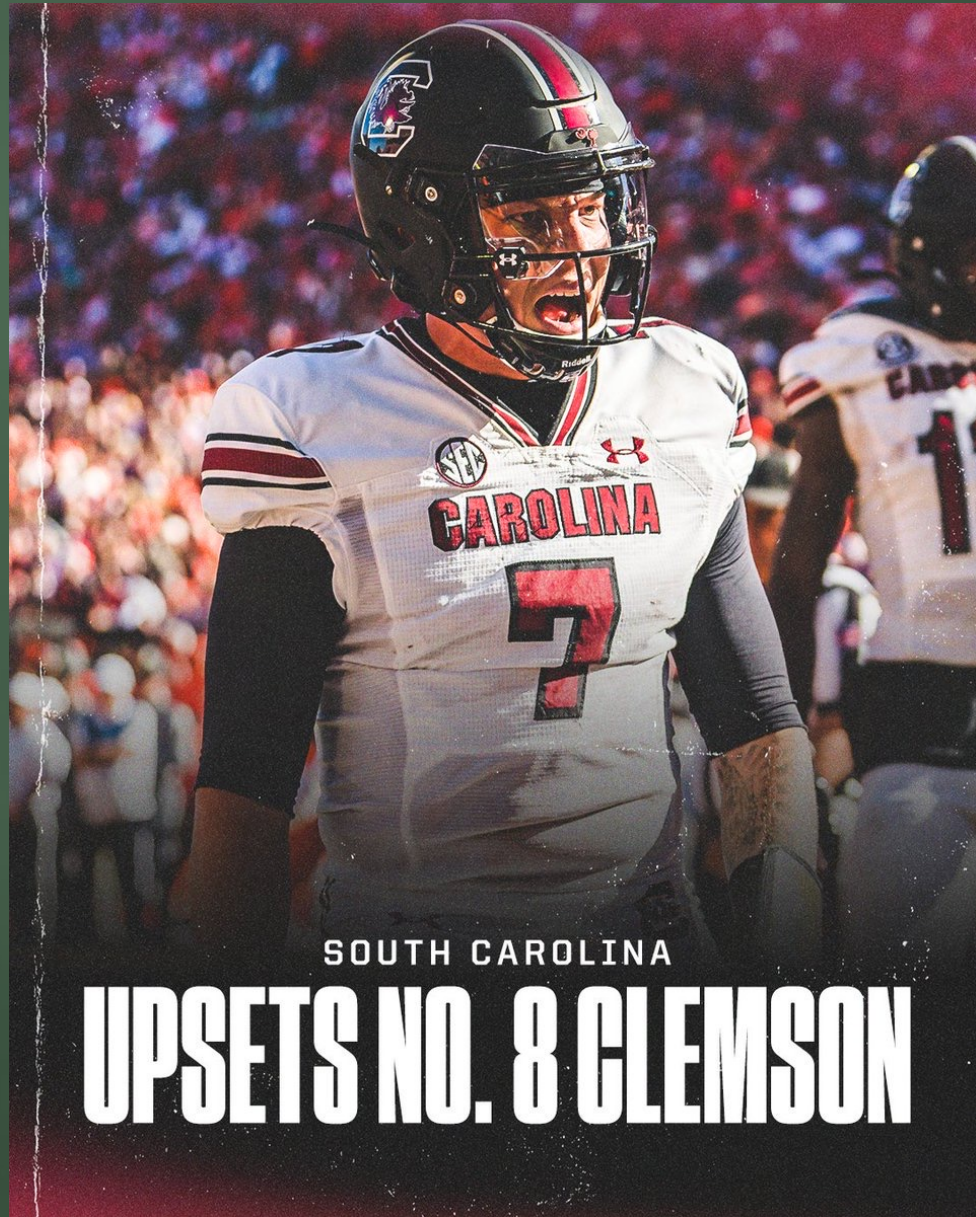
- Increase in student attendance
- Higher participation in extra-curricular activities
- Increase in school spirit
- Higher work ethic from students & athletes
- Increase in parental support
- Higher staff morale
- Increased motivation from staff



Positive Coaching & North Callaway R-1



THUNDERBIRD PROUD



SOUTH CAROLINA

UPSETS NO. 8 CLEMSON




Missouri Institute for Positive Coaching

 @MUPositiveCoach

Oak Grove R-6 School District

Oak Grove, Missouri

In January 2015
Missouri Institute of Positive Coaching...

 @ThomsenBryan

 @OGPositiveCoach

 @BryanThomsen



Athletic Department Goals & Purposes

“To Inspire Every Student Athlete & Lead Every Team to Fulfill Their Potential”

1. Care for EVERY Student Athlete
2. Teach & Model the Process of Success
3. Teach Life Lessons Through Sport
4. Develop & Teach the Value of Teamwork
5. Develop Growth Mindsets in our Student Athletes
6. Teach & Model Accountability to Self & Others
7. Inspire Healthy Competition





Missouri Institute for Positive Coaching



@MUPositiveCoach

Moberly School District #81

Moberly, Missouri

the Missouri Institute for
POSITIVE COACHING



ATHLETE WORKSHOP
“THE PROCESS OF SUCCESS”
(LESSON 1)



How do we Define Success?

- How do you define success?
- Winning vs Success
- “Perform at your best on Game day”

What does it take to reach your potential?

"What is The Process of Success"

Step # 1 – Believe you can do it



Step #2 – Work Hard



Step #3 – Never Quit





Step #1

**YOU HAVE TO BELIEVE THAT
YOU CAN DO IT...**

“Anyone can be **GREAT** at anything, if they
BELIEVE, work hard, and never quit.”

HESMOTIVATION

ONE OF THE MOST MOTIVATIONAL VIDEOS EVER

BELIEVE IN YOURSELF



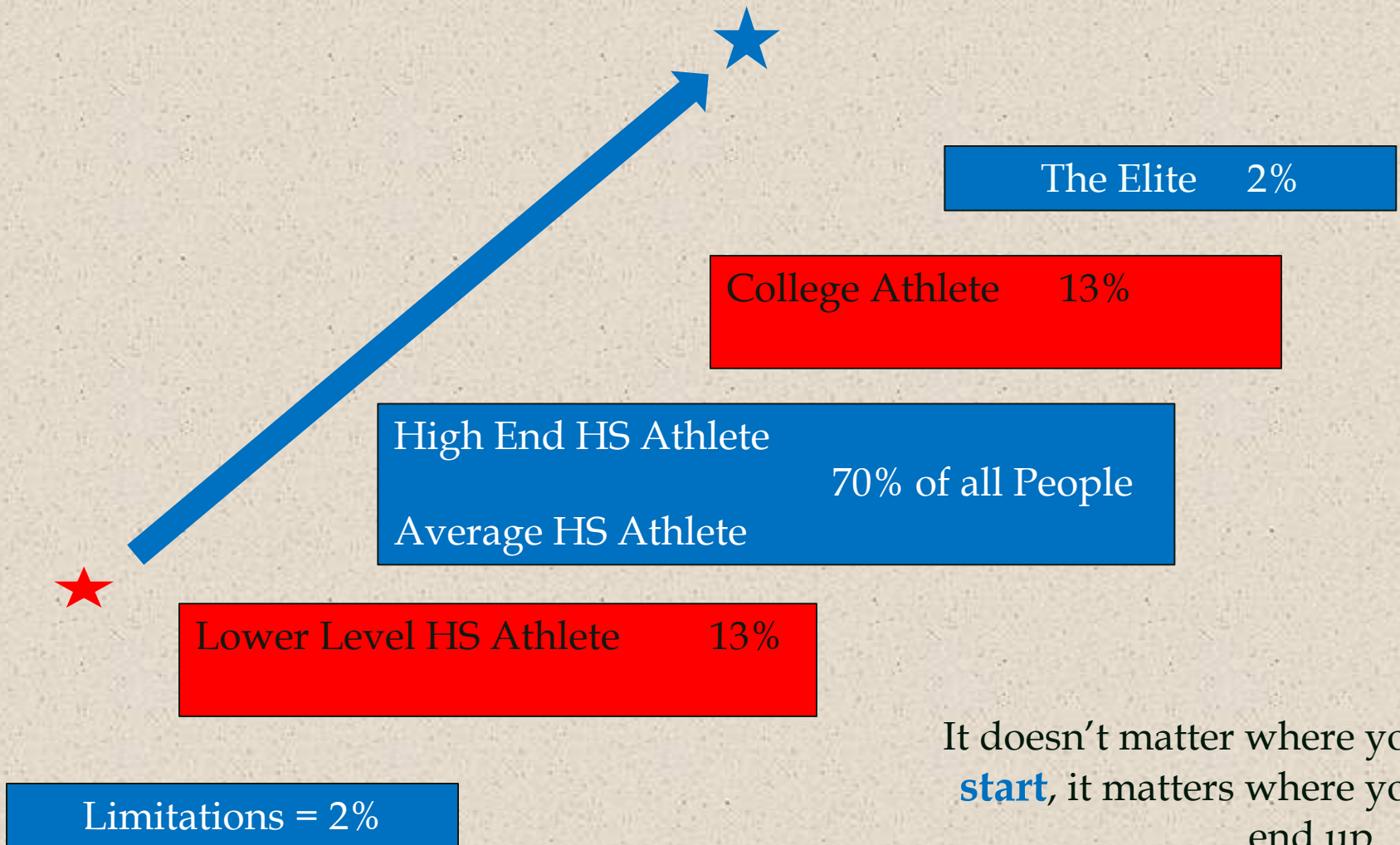


You Can Do It

Everyone in this room can be great !!

**Talent/Genetics is where we
start....Character & hard work
determines the ceiling.....**

Where you start Doesn't Matter



It doesn't matter where you **start**, it matters where you end up.....

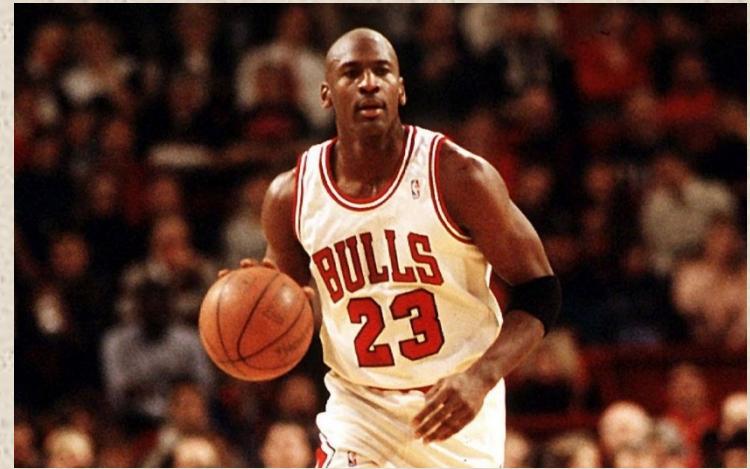
Look at the Greats....

GRIT & Work Ethic

- 
- Michael Jordan
 - Walter Payton
 - Lisa Fernandez
 - Kobe Bryant
 - Albert Pujols

Michael Jordan

Cut from his HS basketball team....



Listed his strengths and weaknesses and
RELENTLESSLY worked to make his weaknesses into his strengths....

Motivated to prove his worth...trained rigorously

5X NBA MVP, 10X NBA scoring leader, 14X NBA All-Star, NBA Hall of Fame Member....One of the BEST basketball players of all time...

Walter Payton

Born in Columbia,
Mississippi....

Wasn't recruited by
an SEC Schools....

Attended Jackson State University....

Workouts were legendary....Ran hills to the point of exhaustion...

Teammates attempted his workout...

Thought I used to work hard...1985



Lisa Fernandez

As a teenager she was told she couldn't pitch at the college level because she was too short and her hands were too small

Lisa is the hardest worker I have ever met. Everyday she was working, getting better.....USA Softball Teammate



“She is an absolute engineer of the game, she watched others pitch, studied their deliveries, watched game after game on tape”

4x All-American at UCLA, won 2 National Championships, Led the nation her Senior year in both ERA (0.23) and Batting Average (.510)

Kobe Bryant

“Who is the hardest working player in the NBA? ...Easy.. Not even close....KOBE”



6 hours a day, 6 days a week, 6 months a year...

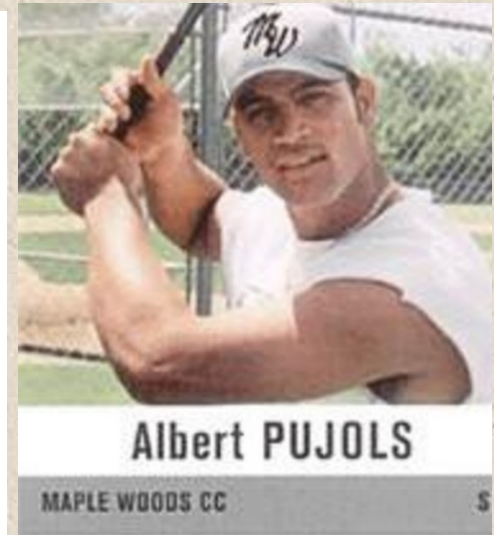
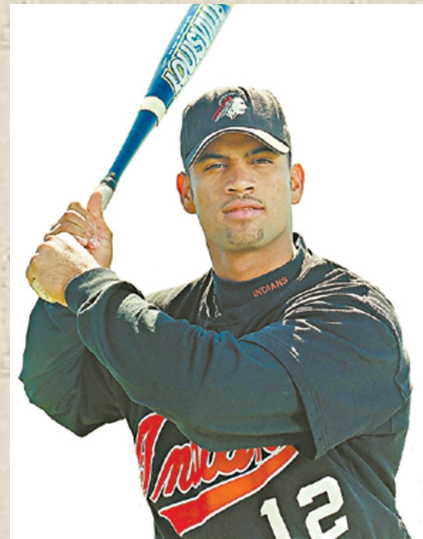
1 hr. Weights, 2 hr. Agility, 1 hr. Cardio, 2 hr. Basketball

Makes 1000 shots per day....

Team USA....That guy is crazy committed....

Albert Pujols

Fort Osage High School...
Maple Woods Comm.
College..



His father was an alcoholic. Albert often had to take his father home when his father got drunk following the games. Growing up, Pujols practiced baseball using limes for balls and a milk carton for a glove. Pujols, moved in 1996 to New York City, where Albert witnessed a shooting at a grocery store. Because of the violence, they moved to Independence, Missouri, two months later to join some relatives.

Albert Pujols

“You have to believe in yourself...”



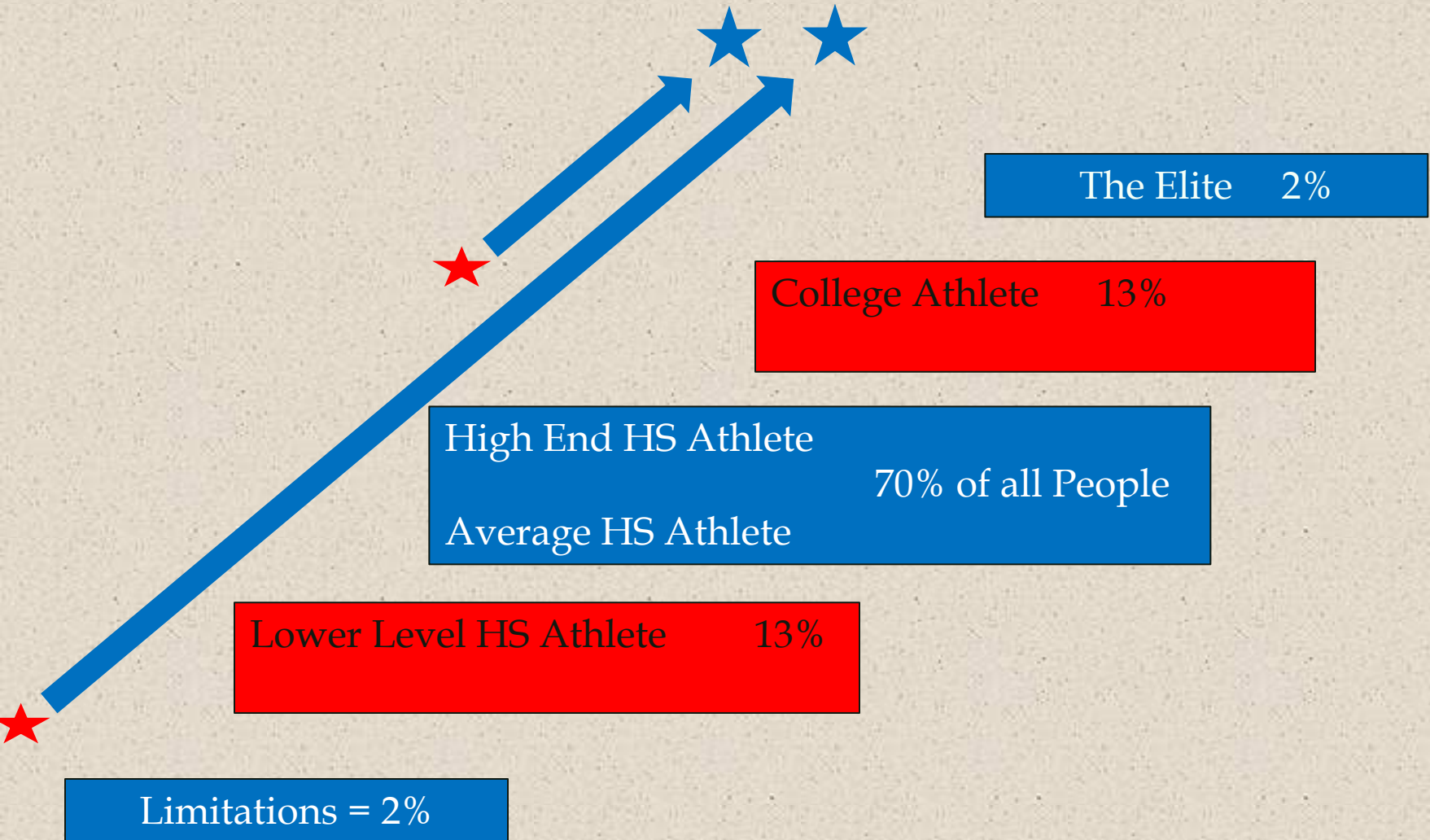
“Hardest worker I have ever seen...”

“He’s very strict in his routine, his preparation is second to none...”

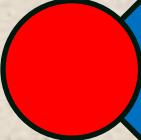
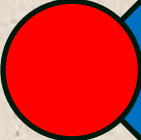
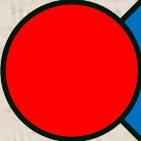
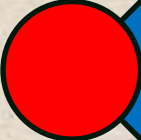
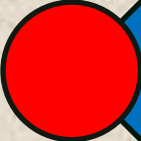
“Albert puts an amazing number of hours in the cage....”

2003 Batting Champ, 2005 Player of the Year, 4X Best MLB Player, 10X All-Star, 3X MLB MVP, 2000-2009 Player of the Decade....

Where you start Doesn't Matter



Look at the Exceptions Belief, Drive, Work Ethic, Determination

-  Muggsy Bogues
-  Jim Abbott
-  Jackie Stiles
-  Steph Curry
-  Doug Flutie

Muggsy Bouges

5'3" – 133 lbs.

Baltimore, Maryland

Grew up in the rough east-side projects,
both parents went to prison.

Countless struggles as a kid...drugs,
crime, violence....



Used a milk crate as a
basket....



THERE'S ALWAYS A WAY IF YOU BELIEVE AND ARE TOTALLY COMMITTED.

@NCPositiveCoach

Jim Abbott



**10 years in MLB with
only one hand....**

888 strikeouts...

Pitched a no-hitter in 1993...

Two hits in 21 at bats....

Jim Abbott Video



Jackie Stiles



5'8" From Clafin, KS

pop. 648

24 in her graduating class

Shot 1000 shots / day

“The key to my success was one thing.....Hard Work”

First NCAA D-1 women's player to score 1000 points in one season.....

Scored 3,649 points in college....

Steph Curry



Only college
offer....Davidson
College

500 makes per day in summer...

350 shots per day during the season....

His goal was to prove everyone that ever said he
couldn't do it.....wrong....

WEAKNESSES:

Not a true point guard

Out of control at times

Shot-selection

Stuck between 1 and 2

Ability to defend position at next level?

Lateral quickness

Versatility to defend multiple positions

Limited upside?

Backup/Fringe Starter?

College system makes him difficult to evaluate

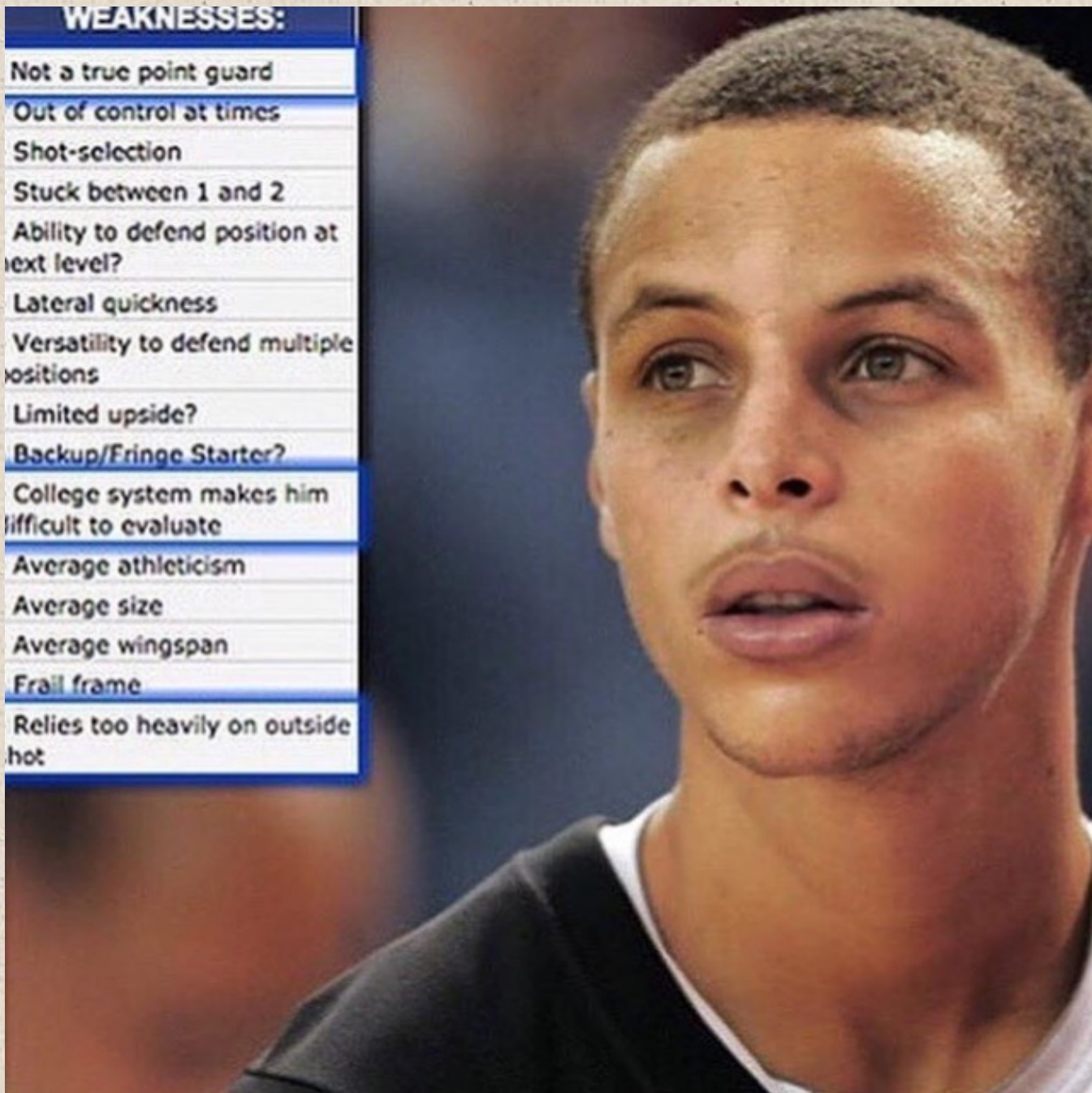
Average athleticism

Average size

Average wingspan

Frail frame

Relies too heavily on outside shot



Doug Flutie



5'10" 175 lbs.

**Only recruited by one D-1
school, Boston College...**

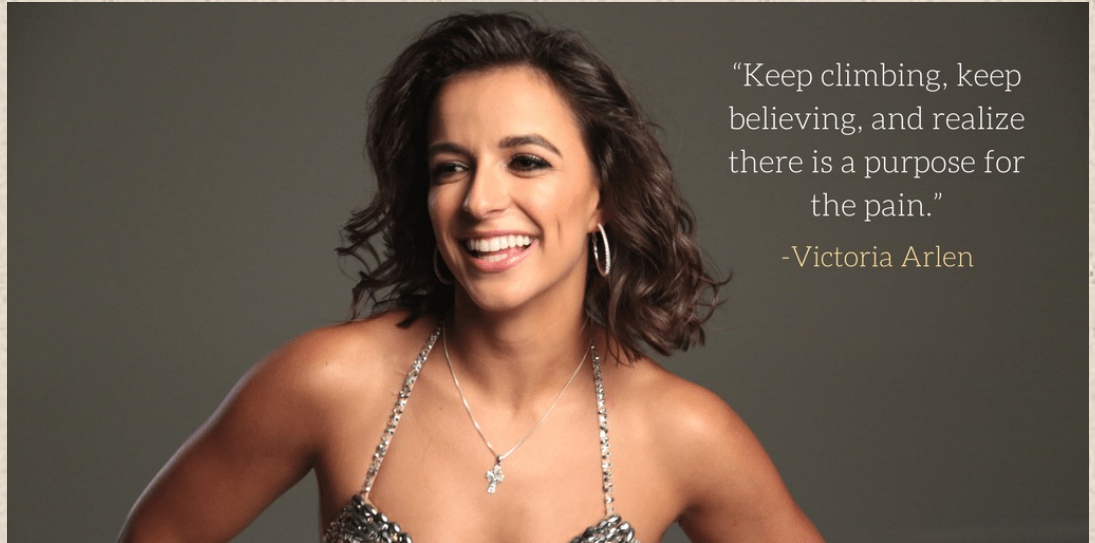
**Won the Heisman Trophy, Maxwell Award, and Davey
O'Brien Award in 1984**

**"Too small to play in the NFL.... 2 yrs. In USFL, 8 yrs. In
Canada Football League.... THEN 12 yrs. In NFL**

Anthony Robles



Victoria Arlen



"Keep climbing, keep believing, and realize there is a purpose for the pain."

-Victoria Arlen

Shaquem Griffin

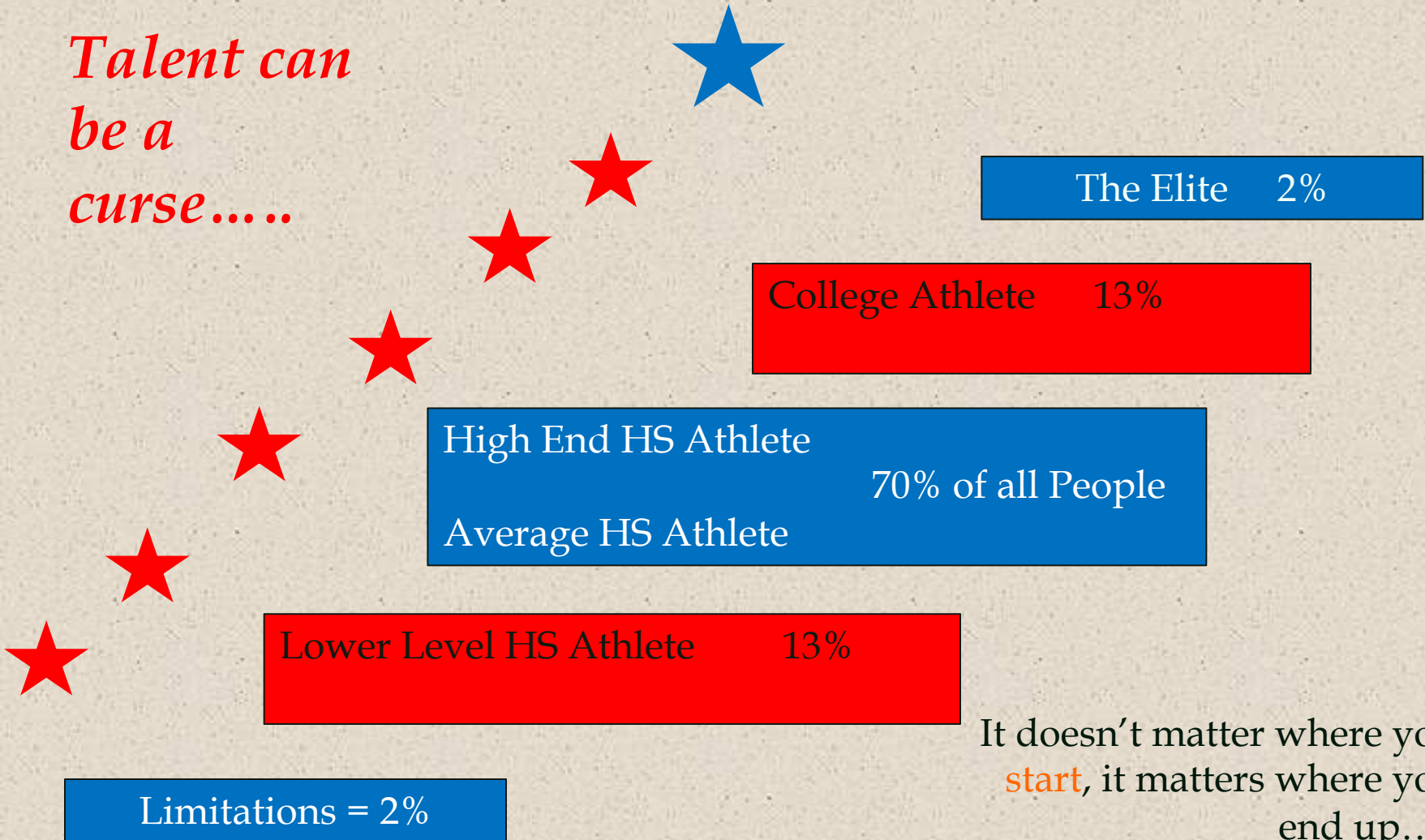


Bethany Hamilton




Where you start Doesn't Matter

*Talent can
be a
curse.....*



It doesn't matter where you
start, it matters where you
end up.....

Doesn't Matter Where **YOU** Start

- 
- Doesn't matter where **YOU** are from...
 - Doesn't matter how big **YOU** are...
 - Doesn't matter how fast **YOU** are...
 - Doesn't matter how strong **YOU** are
 - Doesn't matter where you are today...



What Matters?

That YOU believe in yourself

That YOU work hard

That YOU **commit** to being YOUR best

That YOU get better everyday

That YOU never quit

Only thing that matters is WHERE YOU END UP



Step #1 = Believe You Can Do It

Everyone in this room can be great !!

Decide what you are willing to do to achieve your goals.....Your level of commitment....What are you willing to sacrifice

"All limitations are set by the mind" (4 Min Mile)



Step 2 = Work Hard

KEY COMPONENT TO SUCCESS = HARD WORK

How hard do you work?

How hard are you willing to work?

Walter Payton.....

10,000 hours video....

The Natural ???

"Consistent Hard Work ALWAYS pays off...."

THE ICEBERG



Hard Work....





Step #3

Never Quit

GRIT – Passion and Perseverance

Understanding its a process.

Famous People that had GRIT.....

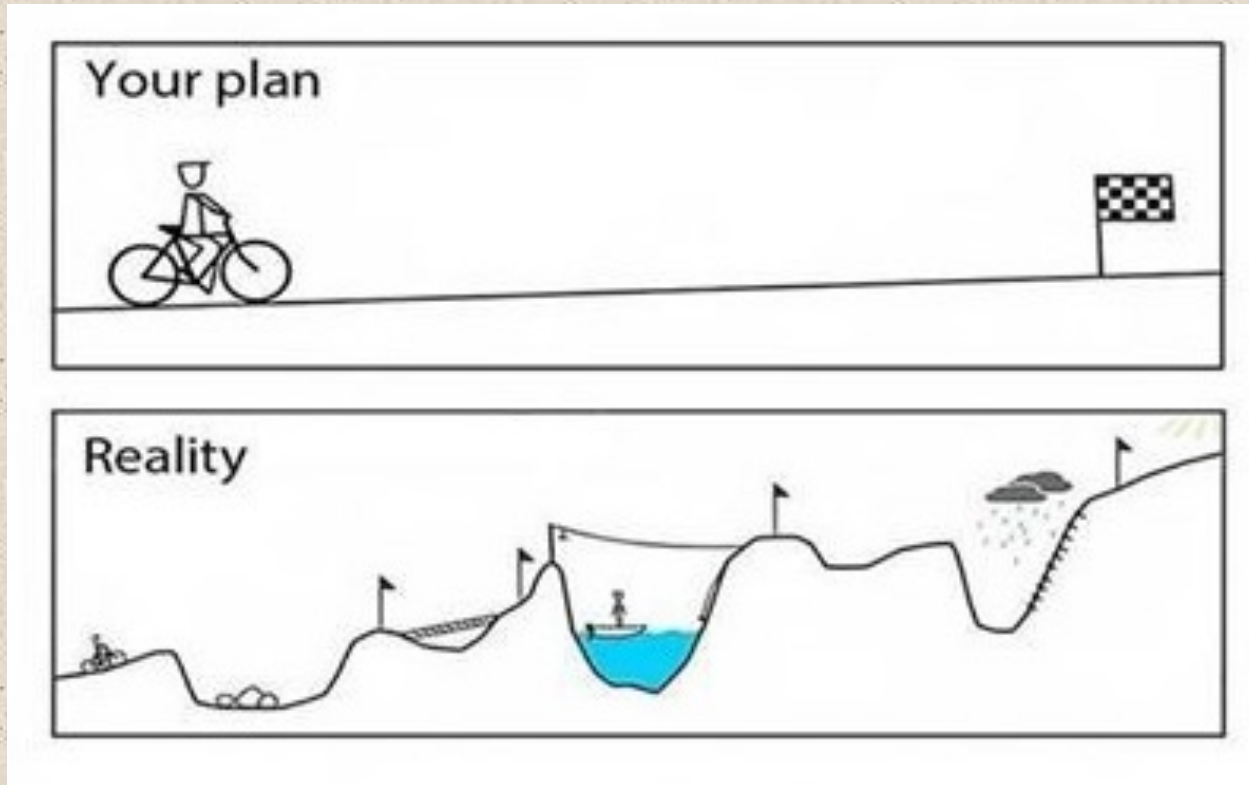
Thomas Edison – 10,000 tries to get the light bulb....

Author of Harry Potter – 13 Publishers turned her down...

Abe Lincoln..... Lost at least 7 elections and nominations, nervous breakdown in 1836...



Path to Success



How you respond to adversity?



Mistakes are OK

Mistakes are part of the process

Not there ... YET

Learn and move on....

Try New Things/Approaches....

Remember it's a process.....

A Marathon, not a Sprint.....

NEVER GIVE UP!



What does it take to be successful?

Step # 1 – Believe you can do it

Step #2 – Work Hard

Step #3 – Never Quit





"THANK YOU"

bryanthomsen@moberlyspartans.org